



North Metro Flex Academy

School Lunch Menu April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				W.G. Soft Beef Taco x2 1 Lettuce + Cheese Seasoned Black Beans Carrot + Celery Sticks Orange Tortilla Chips + Salsa Milk
W.G. Chicken Tenders 4 Baby Carrots Red Apple Sun Chips Milk	Chicken Alfredo with 5 W.G. Penne Pasta Mixed Green Salad with French Dressing Salad Topping Orange W.G. Garlic Bread Stick Milk	Swedish Meatballs 6 Mashed Potatoes Banana Grape Tomatoes Slice of W.G. Bread Milk	Wild Rice Hot Dish 7 with Sliced Chicken Fresh Broccoli Fresh Pear Slice of W.G. Bread Milk	Cheese Burger on a 8 W.G. Bun Baked Beans Carrot + Celery Sticks Golden Apple Milk
BBQ Chicken 11 on a W.G. Bun Baby Carrots Fresh Pear Sun Chips Milk	Meatloaf Baked in a 12 Tomato Beef Gravy Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	W.G. Lasagna Rolls with 13 Meat Sauce and Cheese Mixed Green Salad with Creamy Italian Dressing Salad Topping Pineapple Chunks W.G. Garlic Bread Stick Milk	Chicken Breast on a 14 W.G. Bun Slice of White Cheese Fresh Broccoli Red Apple Tortilla Chips Milk	Beef Hot Dog on a 15 W.G. Coney Bun Cowboy Beans Sliced Cucumbers Orange Milk
W.G. Chicken Patty 18 on a W.G. Bun Seasoned Brown Rice Baby Carrots Red Apple Milk	W.G. Cheese Pizza 19 Mixed Green Salad with Creamy Italian Dressing Salad Topping Pineapple Chunks Milk	Sliced Chicken in a 20 Chicken Gravy Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	Italian Meatballs on a 21 W.G. Coney Bun Shredded Cheese Fresh Broccoli Fresh Pear Sun Chips Milk	W.G. Soft Chicken Taco x2 22 Lettuce + Cheese Seasoned Black Beans Carrot + Celery Sticks Orange Tortilla Chips + Salsa Milk
Sloppy Joe on a 25 W.G. Bun Baby Carrots Red Apple Sun Chips Milk	Chicken in Cheese Sauce 26 with W.G. Penne Pasta Mixed Green Salad with French Dressing Salad Topping Fresh Pear W.G. Garlic Bread Stick Milk	Salisbury Steak in a 27 Beef Gravy Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	W.G. Chicken Corn Dog 28 Sliced Cucumbers Pineapple Chunks Tortilla Chips Milk	Cheese Burger on a 29 W.G. Bun Baked Beans Fresh Broccoli Orange Milk